Nutrition News

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FOOD AND AGRICULTURE ORGANIZATION LOOKS AHEAD

By

SIR JOHN BOYD ORR
Director-General, Food and Agriculture Organization of the United Nations

(Excerpt from a radio broadcast over B.B.C. Network)

What will FAO accomplish? In bringing freedom from want of food to all mankind, it will replace a great part of the disease, misery, and premature death which afflict humanity — by health, happiness, and life. That itself will be a great achievement and should be the main objective of FAO. But it will do more.

Increase World Food Production

If the people of the world are to be fed on a health standard there must be a great increase in food production. It is estimated that even in relatively well-fed countries the production of the more expensive foods which are of special value for health will need to be increased from about 15 per cent in the case of some, to as much as 75 per cent in the case of others. In the less developed countries, where hunger and malnutrition are the lot of teeming millions, the increase in production will be much greater.

The food needed can be produced. It is estimated that with the knowledge and resources we now have, we could produce food sufficient to feed all the people of the world as human beings should be fed.

But there is no use producing food unless it can be distributed and purchased and consumed, and measures to accomplish these ends must be found. It will be the duty of FAO to make recommendations to Governments and to the other United Nations Organizations, so that the necessary economic and financial measures may be taken.

When these measures are taken, there will be a great expansion of agriculture, and I hope it will be possible to give farmers the assurance of a guaranteed market at a remunerative price. This will bring security and prosperity to agriculture.

New Markets Open Up

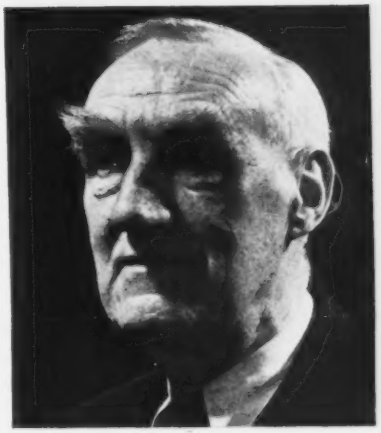
The increased purchasing power of food producers will open up new markets for the products of other industries. To begin with, if food is to be produced on the scale needed, there are literally millions of agricultural implements required, from things like tractors and milking machines for the more advanced countries, to simple hand steel tools and implements to replace the clumsy wooden tools in the backward countries.

There will, of course, be great expansion of the world food trade, and there are more people engaged in the production and distribution of food than in all other industries put together.

Thus, by putting first things first, and doing the thing which we know to be right, we will set world agriculture, industry, and commerce on an upward spiral of prosperity.

But there is something even more important to which FAO will make a great contribution.

Nations and Governments realize that they must work together to solve



Sir John Boyd Orr

the problems of this distracted world, with its social unrest, economic chaos, and political upheavals. But already we are all conscious of the grave political difficulties that have arisen since V-E Day. FAO offers an opportunity for beginning to work together on a scheme which must be of benefit to us all. In cooperating in the world food plan, they will develop an atmosphere of mutual trust and good will which will make it easier for them to cooperate in solving other great and urgent world problems.

Some may think that this great world food plan is impracticable — a dream of starry-eyed idealists. I suggest that a scheme which will open up great new markets for agricultural and industrial products and bring about a great expansion of trade is common sense and economic wisdom.

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Glances AT NUTRITION RESEARCH

Many reports in current scientific literature reflect a growing appreciation of the practical aspects of nutrition. The following abstracts exemplify this trend insofar as dairy foods are concerned.

Dairy Foods in Army Rations: Dairy products play a prominent role in the Army's standard field ration (A Ration) and in the B Ration (preserved form of A Ration). The annual per capita consumption of dairy foods by troops in training (i.e., those receiving A Ration) amounts to 91 quarts of fluid milk, 74 pounds of evaporated milk, 25 pounds of butter, 9 pounds of cheese, and almost 3 gallons of ice cream.

The basic issue of dairy foods to troops overseas (i.e., those receiving the B Ration) is equivalent to 12 ounces of fluid milk per day (in addition to butter). Yearly per capita consumption includes 112 pounds evaporated milk, 17 pounds butter, 12 pounds cheese, and over 18 pounds dry whole milk.

—Mil. Surg. Vol. 97:277 (Oct.) 1945.

Child Feeding Study: Food consumption and attitude records were taken on children living in a private school before and during seven months supplementation of the regular institution diet. The supplements fed were one pint or more of homogenized vitamin D milk daily, five eggs weekly, one ounce of cheese three times weekly, an ounce of butter daily, whole-grain or enriched cereal daily, pineapple juice ad libitum daily, and a five-ounce serving of ice cream twice weekly.

The institution diet was inadequate with respect to all nutrients except vitamin A. The intakes of thiamine and of vitamin C fell short by 51 and 43 per cent, respectively. The calorie intake was low by 29 per cent; protein, calcium, and riboflavin intakes failed by 20, 31, and 14 per cent, respectively.

During supplementation, the average consumption of virtually all nutrients equalled or bettered the dietary allowances of the National Research Council. The added foods were accepted (usually in the amounts provided) in 94 to 99 per cent of the instances. Dairy foods made the greatest nutrient contribution of any food group, providing almost half of the calories, protein, and vitamin A; three fourths of the riboflavin and calcium; and one fifth of the thiamine consumed.

Only 42 per cent of the children made normal weight gains while eating the institution diet. During supplementation, 72 per cent of the children achieved expected gains. Blood and urinary tests reflected the favorable effect of the better diet. Improved status with respect to vitamin C, thiamine, and riboflavin was indicated.

—J. Ped. Vol. 27:393 (Nov.) 1945.

Cocoa and Calcium Utilization: At daily levels of cocoa (medium-cost American process) varying from 5.5 to 34.8 gm. incorporated daily into milk, ice cream, and other items of the diet, the calcium metabolism of seven subjects was studied. The performance of the subjects during the "cocoa periods" was compared with that observed during identical "non-cocoa" periods. Milk and ice cream provided most of the calcium consumed. No influence of cocoa on the utilization of dietary calcium was observed.

Animal experiments, however, showed that medium-cost cocoas depressed calcium utilization somewhat and in proportion to their oxalic acid content. In rats, low-cost cocoa "depressed calcium retention about twice as much as can be accounted for by . . . . oxalic acid."

—J. Am. Med. Assn. Vol. 129:871 (Nov.) 1945.

TIMELY TOPICS

Sir John Boyd Orr

Sir John Boyd Orr, author of the leading article of this issue, is Director General of the Food and Agriculture Organization of the United Nations. Sir John Orr was formerly Director of the Rowett Institute for Research in Animal Nutrition. In 1930 he established an international journal, "Nutrition Abstracts and Reviews" and in 1935 was appointed to an international committee on food requirements of the League of Nations.

Nutrition Division FAO

The following committees make up the policy and program division of FAO: Nutrition and Food Management, Forestry and Forest Products, Agriculture, Fisheries, Marketing, Statistics. Andre Mayer of France is chairman of the Nutrition and Food Management Committee. Members of this committee from the United States are: Dr. Thomas Parran, Dr. Hazel Stiebeling, Miss Anna Lord Strauss, and Mr. M. L. Wilson.

Dietary Allowances

The National Research Council daily dietary allowances for thiamine, riboflavin, and niacin have been revised downward. For example, the thiamine allowance for a sedentary 70-Kg. man which calls for 2500 calories daily has been changed from 1.5 to 1.2 mg.; the riboflavin allowance, from 2.2 to 1.6 mg.; and the niacin allowance, from 15 to 12 mg. See page 12 for reference to revised allowances.

AUDIO-VISUAL AIDS FOR COMMUNITY NUTRITION PROGRAMS

By Henrietta Fleck, Head of Home Economics Department
Illinois State Normal University

If the people in a community are to become sensitive to the importance of good nutrition then all available resources must be explored and utilized effectively. Among these effective resources are audio-visual aids.

There are two important points to consider in the use of these aids. First, any teaching aid must be related to the purposes of the nutrition program. A film, a recording, a poster, or a pamphlet are of little value unless they touch the needs, interests, and problems of a people. Audio-visual aids can help to solve the outstanding nutrition problems facing a community—be it a lack of milk, insufficient use of fruits and vegetables, a neglect of whole-grain cereals, or similar dietary shortcomings.

Secondly, a wide variety of audio-visual aids can be used. Responses to teaching aids vary. The use of different types of aids tends to give some assurance of stimulation and challenge to individuals. The importance of drinking milk, for example, can be effectively portrayed by films, radio talks, attractive posters, or pamphlets. These different methods of presenting the same story prevent monotony, maintain interest, and appeal to a wide audience.

Films Carry Nutrition Story

Films can be used to encourage people to eat new foods, to discard food prejudices, or to modernize eating habits. Slides or film strips can offer suggestions for the preparation of nutritious and interesting dishes or highlight ways to use a neglected food which can make valuable contributions to the diet.

Exhibits offer many possibilities. They must be eye-catching and concentrate on one or two imortant points —not attempt to tell the whole story of nutrition. Furthermore, they should be changed frequently. Exhibits can be placed in store windows, in show cases of places of business, or in libraries and schools.

Flyers, pamphlets, leaflets, and similar materials on various phases of nutrition can be prepared by interested groups and distributed in the community. A small illustrated booklet of selected recipes using milk, fruits, vegetables, or eggs might be prepared by a Girl Scout troop, a woman's organization, or a group of elementary school children. A flyer on buying for good nutrition can be distributed in grocery stores on a busy Saturday morning. Pamphlets and posters on good nutrition can be placed in the waiting rooms of doctors' and dentists' offices. The psychological effect would be far-reaching.

Small stickers depicting an idea about good nutrition can be placed in the corner or at the top of menus in restaurants, cafes, or hotel dining rooms. These stickers also could be used as seals for letters. Placards emphasizing phases of nutrition can be placed in buses and street cars.

A number of excellent radio recordings are available and can be used in the study of nutrition with different age groups. Radio programs can carry a real message. If they are to be used with school and adult groups, guides to accompany the program are very helpful.

Cartoons in the daily newspaper or in poster form depicting the evils of poor nutrition will interest people when other methods fail. Photographs showing food in color, well-nourished children, or the effects of poor nutrition may be displayed in public places. Amateur photographers in the community might like to make their contribution in taking these pictures.

Audio-visual aids can play a vital role in challenging the citizens of a community about their nutrition problems.

A SURVEY CAN SHOW NEED FOR SCHOOL LUNCH

Facts and figures yielded by a survey may well lay the groundwork for any effective school lunch program.

An interesting picture of the school lunch situation in one county in Illinois is given in the results of a survey conducted by the Chicago Nutrition Committee. This survey of public and parochial schools in Cook County outside Chicago was made in order to determine the number of schools having lunches, what assistance they need, and whether schools without lunches need and want help in establishing them.

The following report of the findings of the survey is given here in the thought that other community groups may be encouraged to make a similar effort to obtain an accurate picture of their school lunch situations. The report is particularly timely at a period when the school lunch as a health measure is receiving more attention than ever before.

In the Cook County survey, a simple one-page questionnaire was mailed to 422 schools. Of this number 48% were returned. The enrollment in the schools represented was over 60,000.

The returned questionnaires showed that a strikingly large percentage of high schools have lunches. Almost 2/3 of the public high schools (Junior and Senior) have some arrangements for serving lunch. This figure is significant in view of the fact that 18 of 21 high schools in the county and 12 junior high schools answered the questionnaire.

There was a lower percentage of questionnaire returns from elementary schools (35-40%) and also a less satisfactory situation regarding the provision of lunch. Of the schools which returned the form, 14% of the public elementary schools, 23% of the Catholic elementary schools, and 12% of the Lutheran elementary schools provided lunches for the children.

In the schools without hot lunch, about the same proportion of children go home for lunch (62%) as stay at school for lunch in schools equipped with lunch facilities (63%). About the same proportion of children carry box lunches whether or not there is a lunchroom. A very small percentage of children eat noon lunch at pop stands, outside lunchrooms and restaurants.

In the schools having lunch, 44% operate with Federal support, 30% with local support, and 26% are self-supporting. Seventy-five per cent of the lunch projects are sponsored by the school board. Parent-teacher associations, mother's clubs and student activities are the sponsors for the remainder (25%).

About one-third of the school lunches are managed by trained dietitians, about one-fourth by paid workers, one-tenth by concessionnaires, and the re-

(Continued on Page Twelve)

DID YOU KNOW ?

—that not enough food is produced in the world to satisfy even the energy requirements of the people, let alone the need for vitamins, proteins, and minerals?

—that using crushed ice on vegetables is the best way to prevent loss of vitamin C during transportation?

—that eggs can be preserved for months at 31 degrees Fahrenheit if coated with highly-refined, colorless, paraffin-base oil?

—that most sugars are sweet, but lactose, the sugar of milk, is not; it gives the bland distinctive taste to milk and milk products?

—that removing the stems of strawberries before washing causes some loss of vitamin C?

—that bread given electronic treatment will not mold?

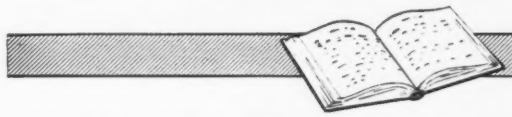
—that Cheddar cheese can be cured in half the usual time by using pasteurized milk and higher curing temperature?

—authorities believe the scientifically planned army diet will lead to improved food habits among veterans?

—that fresh milk frozen at 20 degrees below zero Fahrenheit is said to keep for months and retains its original taste?

—that a white skinned peanut has been developed?

THINGS YOU'LL LIKE TO READ



FAO INFORMATION SERVICE BULLETIN—Information Service, Food and Agriculture Organization of the United Nations, 2841 McGill Terrace, N. W., Washington, D. C. Free.

The first issue describes the following: the organization's activities since Quebec, its executive committee, its staffing policy, short biographies of special advisors to the Director-General, preparation of a world trade balance sheet, the work of the committees on forestry and fisheries, and dates for the next meeting of FAO are announced.

FOOD FOR TWO—Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture, Washington, D. C. June, 1945. Free.

A practical meal planning leaflet, **Food For Two** carries information on meal planning, budgeting for food, translates the yardstick into a market plan, develops menus from the plan and serves a family of two with all essential foods.

FOODS, NUTRITION AND NUTRITION EDUCATION BIBLIOGRAPHY — Minnesota Nutrition Council, 27 Groveland Terrace, Minneapolis 5, Minnesota. 30 cents.

A well-organized mimeographed bibliography which will be helpful to teachers and workers in the public health field. The material is presented under the following heads: The Nutrition of Children; Nutrition Education; General Nutrition Information and Menu-Planning; Specific Foods in the Diet; Keeping Up-to-Date.

RECOMMENDED DIETARY ALLOWANCES REVISED 1945—National Research Council Reprint and Circular Series No. 122, 2101 Constitution Avenue, Washington 25, D. C. Free.

This bulletin gives the revised Food and Nutrition Board dietary allowances and the basis for their selection. It also presents plans that meet these allowances.

A SURVEY CAN SHOW NEED FOR SCHOOL LUNCH

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mainder by volunteers, or a combination of volunteers and paid workers.

An entire meal is served in 68% of the schools that reported a school lunch. One hot dish was served in 30% of the schools and 2% served only sandwiches.

The schools serving a lunch were asked to indicate assistance desired. Of the 42 schools with lunch, the following percentage asked for these types of service:

Regular menu suggestions	83%
Quantity recipes	69%
Sample market orders	36%
Instructions for managers and/or cooks	67%
Ideas for interesting the community in school lunch	34%
Appraisal of school lunch program	35%
Other (costs, Federal assistance)	5%

The schools serving lunch were asked if the lunch was coordinated with a nutrition education program. Of those who answered the question, over 40% replied "yes", describing inclusion of the study of nutrition in regular science and health classes. In a few schools, the school nurse devoted some time to nutrition education. In another school a food consumption survey is planned. Suggestions for ways in which to coordinate the practical teaching of serving a good lunch with nutrition teaching in other classes or as a separate course were requested by approximately 95% of these schools.

Those schools which indicated that some attempt was made to measure food habits (about 30% of those answering the question) gave the following ways: returned plates checked, student comments, observation and reports from mothers, changes observed in dislike for foods, and willingness to try all foods.